



May 2010



Eastham Senior Center

(508) 255.6164

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00	4 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15 CAREGIVERS GROUP 10:30-12:00	5 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15 <i>Surviving Normal</i> book discussion (Alzheimer's) 5:30 – 7:00 pm with Jackie Powers	6 Quilting 10:00 Senior Exercise 12-1 Bereavement Group 2:30	7 SIGHT LOSS 10:00 <u>Volunteer Recognition Luncheon</u> Free Friday Flick 1 PM <i>The Blind Side</i>
10 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00	11 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15	12 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15 <i>Surviving Normal</i> book discussion (Alzheimer's) 5:30 – 7:00 pm with Jackie Powers	13 BLOOD PRESSURE CLINIC 10-11AM Quilting 10:00 Senior Exercise 12-1	14 FRIDAY PROGRAM **11:00AM** <u>THRIFT SHOP</u> <u>FASHION SHOW</u> Free Friday Flick 1 PM <i>A Star is Born</i>
17 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00	18 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15	19 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15 <i>Surviving Normal</i> book discussion (Alzheimer's) 5:30 – 7:00 pm with Jackie Powers	20 Quilting 10:00 Senior Exercise 12-1 Bereavement Group 2:30	21 HEALTH AND WELLNESS FAIR 9:00AM to 2:00 PM
24 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00 PEDI-CARE 8:00 – 2:00 (Appointment needed)	25 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15	26 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15 <i>Surviving Normal</i> book discussion (Alzheimer's) 5:30 – 7:00 pm with Jackie Powers 12:30 ELDER LAW ATTORNEY (Appointment needed)	27 BLOOD PRESSURE CLINIC 10-11AM Quilting 10:00 Senior Exercise 12-1	28 Free Friday Flick 1 PM <i>Old Dogs</i>
31 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00				